

September 2023 PROGRAMS

All programs are free and open to the public. An adult must accompany children. Reasonable accommodations available upon request. Programs meet at the Houghton’s Pond Visitor Center unless otherwise noted. Inclement weather may cancel programs. To confirm or for more information call (857) 208-8498. Please follow all current COVID guidelines. Visit [Mass.gov/COVID](https://www.mass.gov/covid).

- Fridays,**
September 1,
8, 15, 22 & 29

Kidleidoscope, 10:00 am—11:00 am
Join us for nature crafts and nature facts! Each week we will feature a different nature theme and a craft on that theme. Suitable for children ages 4-10 with an adult.
- Saturday**
September 2,
9, 16, 23, 30

Family Nature Exploration, 10:00 am—11:00 am On Saturday mornings, explore the natural side of Blue Hills Reservation. For families and curious adults.

September 2, 16 & 30— I Spy Fungi: Come learn about the mysterious and hidden world of fungi. Ancient in the extreme, fungi are crucial to nearly all life on earth. Fungi are much more than just beautiful and sometimes deadly mushrooms.

September 9 & 23—A Murder Most Fowl: Crows are remarkably social and intelligent animals. These clever birds have long been a source of fascination and lore. See how different cultures have viewed crows throughout history and how these myths are often supported by the latest scientific research.
- Saturdays**
September 2,
9, 16 & 23

Nice and Easy Hiking Series, 1:00 pm—2:30 pm
Looking to get outdoors and take a gentle, guided hike in the beautiful Blue Hills? Join us for our weekly series of leisurely paced nature hikes (1.5-3 miles long). Learn about nature at your own pace and make some friends along the way. All ages.
- Tuesdays**
September 5,
12 & 19

Family Nature Exploration, 10:00 am—11:00 am
On Tuesday mornings, explore the natural side of Blue Hills Reservation. For families and curious adults.

September 5 — White-tail Deer: Pushed to the brink of extinction, white-tail deer are back. But their growing populations are now a threat to the forest and themselves. Learn how the natural place of deer in our ecosystem has been disrupted and what can be done to help.

September 12—Talking Trees
The story of the forest is told in its trees. They are living beings and have strange and fascinating ways to cooperate and communicate with one another. Learn what these silent giants can tell us if we learn how to listen.

September 19 — Raccoons: Thieves in the Night: Raccoons are more than dumpster divers, they are survivors. Raccoons have long lived alongside humans. Because of some remarkable adaptations, they now thrive in the modern world



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PROGRAMS CONTINUED

- Tuesdays
September 5,
12 & 19

Exploring the Blue Hills, 2:30 pm—4:00 pm On Tuesday afternoons, explore the lesser seen parts of Blue Hills Reservation. For families and curious adults.
September 5 & 19— Burnt Hill and Beyond: Explore the hidden trails behind Houghton’s Pond. *Meet at the Visitor Center.*
September 12—Heart Healthy Hike Come and join us for a restful and rejuvenating heart healthy, 1.5-mile hike around Houghton’s Pond and Old 128. *Meet at the Visitor Center.*
- Thursdays
September 7,
14, 21 & 28

History in the Hills, 9:00 am—10:30 am On Thursday mornings, learn about the history of the Blue Hills Reservation. For adults and children over 12.
September 7 & 21— First People of the Hills: What was life like in these hills before Europeans? How did First Peoples live? We will respectfully explore the lives, culture and practices of the Massachusetts People, before and after, European contact, as well as discuss the vital role they still play in our society today. Accessible seated lecture at Visitor Center.
September 14 & 28— Colonial Farmers: Farming in these rocky hills has never been easy. Learn how colonial farmers dealt with the challenges and changed the landscape in their quest to make a new home among the hills. Accessible seated lecture at Visitor Center.
- Thursdays
September 7,
14, 21 & 28

Autumn Adventures, 3:00 pm—4:00 pm Come experience autumn’s red (and yellow and orange) blaze in the Blue Hills!
September 7 & 21— Wellness in the Wilderness: Join us for quiet and contemplative forest bathing program in the beautiful and peaceful Blue Hills. De-stress and reconnect with nature on this slow and gentle 1.1 mile forest meditation walk. Adults and children 10 and up.
September 14 & 28— Marsh Madness: Lovely Marigold Marsh is a vital habitat and home to many species of birds, amphibians, and reptiles. Come discover the wonderful world of a fresh water wetland. All ages.

SPECIAL HIKES

- Saturday,
September 30

SE MA ADULT WALKING CLUB HIKE, 1:00 pm—3:00 pm
Buck Hill Summit Hike. Moderate 3.5-mile hike with mild inclines to the scenic summit of Buck Hill, with views of the Boston Skyline and surrounding hills. **Meet at Houghton Pond Visitor Center at 840 Hillside Street, Milton.**

